

PERFECTION DIAL-DOWN

The next time you take on a task or project, choose one of the steps below, and the following time try another one.

01

Instead of going for a 10/10 in achievement and effort, purposefully go for an 8/10 – whatever that looks like to you. Notice and write down the effects – are they positive or negative? Notice the difference in the amount of time and energy spent on the task.

02

Make a mistake (yes, I know how difficult this one is).
But do it, and write down the impact and effects.

03

The next time you make a 'mistake', or you 'fail', shift your mindset from one where you tell yourself, 'I'm an idiot', 'How could I have been so stupid?', 'How could I get that wrong?', to one where you ask, 'What can I learn from this?' Write down a few positive suggestions to help you reframe a new mindset.

04

When you find yourself slipping into 'perfection anxiety' let go of what you *haven't yet done*, stop worrying about what you still have to do, and come back to 'now' – the present moment. Value the 'now'. Make a list of all the things you've already achieved that day – however small.